

Nominations for this year's Family of the Year award are due to the family support center Oct. 29. The award recognizes an exceptional military family. Page 3

First Look

Oktoberfest

This year's Oktoberfest is at 5 p.m. Saturday at the Top of the Rock club. The fest will include food, recipes, beer, music and giveaways including a 29" flat screen television, a swing, camping gear, sports equipment, stereo and more. Prices are \$3 for club members or \$6 for club member families; \$6 for non-club members and \$12 for non-club member families. For more information, call 2-3202.

Shoppette entrance

During re-roofing of the Shoppette, a new temporary entrance will be on the side of the building next to the softball fields. For more information, call Capt. Eric Woodring at 2-6823.

Goal day

Oct. 29 is a 65th Air Base Wing goal day for military. Col. Barbara Jacobi, 65th ABW commander says "thank you" to everyone who helped earn this day off.

Music festival

The international folk music festival "Festival Internacional do Ramo Grande" is Oct. 29-31 in the Praia Theater. The festival will feature musicians from mainland Portugal, Spain, Brazil and the U.S. Tickets will be on sale 5-7 p.m. Monday-Friday at the Praia Theater. To make reservations, call 295-542-688.

Preflight

■ Days since last DUI 13
 ■ DUIs since Jan. 1 two
 ■ Current AEF 1 & 2
 ■ Current FPCON Alpha
 ■ Combat Nighthawk: **Capt. Robert Belde**, 65th Medical Operations Squadron; **1st Lt. Donald Crabtree**, 65th Civil Engineer Squadron; **Master Sgt. David Cornillie**, 65th Security Forces Squadron; **Master Sgt. Jeffrey Crouch**, 65th Mission Support Squadron

Blood donation



Jean Fure, a nurse at Angra hospital, prepares to draw blood from Senior Airman Tiffany Moen, 65 Communications Squadron, during a blood drive Thursday. The blood drive was sponsored by the Air Force Sergeants Association. The blood drive is every first and third Wednesday each month. For more information, call 2-3685. (Photo by Airman First Class Josie Kemp)

Base works out power kinks

by Tech. Sgt.
Renee Kirkland
 NCOIC, public affairs

Lajes has been running on commercially-supplied power since Sept. 20 and overall the changeover hasn't affected mission capabilities.

According to base officials, some fine-tuning of the system is in order and equipment repairs and replacements continue.

"We've received great support from Electricidade dos Azores (EDA) as the base continues to fine tune its power system and grow its relationship with Terceira's electricity supplier," said Lt. Col. David Reynolds, 65th Mission Support Group deputy commander. "Both EDA and Lajes engineers have learned much over the last month in regards to how our two systems affect each other. As base personnel know, we've experienced a number of short outages and from each of

these outages we have learned more about EDA's and our own capabilities and systems. Over the next few months we'll continue to fine-tune our system. Our engineers are confident that the kinds of outages we have been experiencing will be a thing of the past once our system is fully calibrated."

According to Paul Camley, 65th Civil Engineer Squadron deputy base civil engineer, short outages can be expected as Lajes' new switchgear system is tuned in concert with EDA's system. More tests are planned in November when the project consultants return to Lajes.

"Some of the recent outages we've experienced involved our system overreacting to slight power changes on our dedicated electrical feeder from EDA. We believe that on occasion, our system has detected a slight change in power characteristics when the EDA system is affected somewhere else on the island," Mr. Camley said. "Our system is

sensitive enough to detect a power fluctuation as small as a millisecond. When these minor fluctuations occur, we may have occasions when our system senses these minor changes and interprets them as an EDA system outage. The automation software reacts by disconnecting the base from the EDA system."

"You can expect additional testing of our new switchgear system in November as we finalize the calibration and test the power generation back-up capabilities of the base," said Lt. Col. Tim Haynie, 65th CES commander. "We'll announce testing dates as soon as the details are worked out."

One aspect of the power conversion that was not unexpected involves fluorescent lighting. Some buildings using fluorescent lighting have experienced inoperable lighting conditions, but work crews from the 65th Civil

See kinks, Page 4



Airman Information File

USAF

October 2004

Freedom — You Can Take it to the Bank!

Throughout the years Americans have demonstrated unwavering dedication to certain principles that have made our country one of the greatest nations in the world. Our commitment to the principle of freedom has been the backbone of our success. In fact, we depend so heavily on freedom we say you can take it to the bank!

Freedom is the foundation on which America was built and has cost the lives of many of our brave men and women over the years. We place a high value on our freedom because it gives us the ability to shape our own future and to make our own destiny. Our freedom guarantees our equality under the law and means we are constrained only by our abilities. The American flag quickly comes to mind as the symbol of our nation's freedom. From our earliest conflicts as a young nation to our current operations, the American flag has proudly flown in recognition of our freedom. The flag also represents the courage of the many Americans who bravely sacrificed their lives for the freedom of America and other nations.

This leads to another thing you can take to the bank — there will always be those who oppose freedom. When terrorists attacked the World Trade Centers and the Pentagon, they didn't just attack physical buildings, they attacked freedom itself. They oppose us because we are free — free to worship any God we want

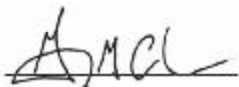
or none at all, free to speak our minds, free to read what we want, free to obtain an education and free to pursue happiness. So we fight to defend our freedom and preserve our way of life now and for future generations. We will not pass the buck, but will face those who oppose freedom today, so our grandchildren will live in freedom tomorrow.

This brings us to the underlying reasons we'll succeed in defending freedom — our courage and our unity. Last month we wrote about the meaning of "Bring Your Courage." Even though we say it's the most undernourished core value, when our freedom is on the line our courage emerges. We will succeed against those opposing our freedom because of the courage and unity of Americans. The terrorist attacks against America did not divide us as the terrorists hoped, but rather united us in our fight for freedom. America is composed of many different races, religions and beliefs, but make no doubt about it, when our freedom is attacked, America will always unite against the threat and secure our freedom.

Freedom and those who oppose it are two things you can take to the bank. We will succeed because of the courage and unity displayed by Americans today — the same courage and unity that make us the most inspirational and respected Air Force in the world!



General Doc Foglesong



CMSgt Gary Coleman



Bible study

Tabitha Silver, daughter of Karen and Col. Mike Silver, reads a passage during the Protestant Youth Bible study Wednesday. The youth meet weekly. For more information, call 2-4211. (Photo by James O'Rear)

Focus notes

Project CHEER

Project CHEER's first seasonal event is a teams pool tournament at noon Nov. 6 at the Top of the Rock club. A singles tournament follows, time permitting. Cost is \$4 per person and first and second-place teams get trophies. For more information, call Staff Sgt. Russel Gee at 2-4291 or e-mail russel.gee@lajes.af.mil.

Paintball Annihilation: Capture the Hill is Nov. 13. Two teams compete for "King of the Hill." Cost is \$20, food is provided and equipment is available to rent. To sign up, call Airman 1st Class Jeffrey Rybold at 2-7000 or e-mail him at jeffrey.rybold@lajes.af.mil.

Combat Touch events

All events are at the base chapel unless otherwise noted.

AWANA is at 6 p.m. on Tuesdays.

JV/varsity AWANA is at 6 p.m. Thursdays.

Protestant Youth Bible Study is at 5:30 p.m. Wednesdays in Bldg. T-37A.

Hand Bell Choir meets at 7 p.m. Wednesdays.

Children and Youth Movie Night is at 7 p.m. today.

Singles dinner and Bible study is at 7 p.m. Saturday.

For more information, call Chaplain (Capt.) David Knight at 2-4211.

Catholic Parish Bible Study is at 7 p.m. Fridays.

RCIA is at 6:30 p.m. on Sundays.

Catholic Women of the Chapel meet at 6 p.m. Thursday.

The next SUM dinner, hosted by DoDDS is at 5:30 p.m. Thursday.

For more information, call Chaplain (Capt.) Matthew Glaros at 2-4211.

Combat Education

The next combat education meeting is at 1:30 p.m. Nov. 3 in the T-100 wing conference room.

The Community College of the Air Force graduation ceremony is at 2 p.m. Nov. 4 in the Top of the Rock club ballroom.

People working towards their Community College of the Air Force degree can log onto <https://afvec.langley.af.mil> to check completion status.

Combat Care

Attend the sponsorship training class from 10-11 a.m. Monday at the family support center and learn to be one of Lajes' best sponsors. For more information, call 2-4138.

P.O.P.S: Parents Offering Parents Support is a play group for stay-at-home parents of active duty and civilian personnel. They meet 10-11 a.m. Thursdays. The group participates in activities, play time and reading time. For more information, call Pam Darling at 295-549-751

Award recognizes family support

by **Capt. Yvonne Levardi**
Chief, public affairs

Nominations for this year's Family of the Year award are due to the family support center Oct. 29. The award recognizes an exceptional military family whose lives are dedicated to serving the well-being of the military and local community.

"Lajes has many outstanding families that are very involved in the base and community," said Lauren Jackson, family support center community readiness consultant. "Last year was the first year we offered this award; it was designed as recognition during the Month of the Military Family."

Each squadron can submit up to two eligible families, and all DOD military families are eligible for the award. A panel chaired by Chief Master Sgt. Cathi Durick, 65th Air Base Wing command chief, will review the nomination packages and choose a winning family Nov. 4. The winner will be announced at the personal and family readiness briefing Nov. 9.

Last year's winners were Tech. Sgt. Michelle McCullough-Cruz and her family.

"Everyone in the family was actively involved in the community, enhanced and supported the mission, displayed a positive attitude and participated in many family readiness events," Mrs. Jackson said. "There were 16 families competing last year. I expect many more nominees this year due to last



year's success."

"My family and I were truly honored and extremely humbled when we were recognized," Sergeant McCullough-Cruz said. "Our friends and families are still talking about it."

Selection criteria include volunteering, leadership within the community and support for the military. The winning family receives recognition with a personalized plaque and a gift basket. Each member of the family must:

- Be active in the community by demonstrating leadership, be involved in organizations throughout the community and volunteer for functions or activities at Lajes.

- Be a positive influence to other military families and be willing to offer assistance and care to those families in need.

- Have attended various programs

offered to promote family and dependent care.

- Go above and beyond in the work place by serving the mission and performing outstanding duties for the military.

- Be professional and display appreciation for the military.

- Not be a previous winner for the award, but previously nominated families can be nominated again.

"We have a creed in our family, 'volunteer work is the rent your body pays for taking up space in this world,'" Sergeant McCullough-Cruz said. "We help our kids understand that no one owes them anything and they create the life they think they deserve."

Mrs. Jackson said it's important to recognize people for their dedication and commitment within a community.

"The nominations come from squadron commanders and supervisors who work directly with the family and see first-hand their involvement," Mrs. Jackson said. "Being recognized and nominated is just as rewarding as winning, is what I heard someone say last year."

Sergeant McCullough-Cruz said the family of the year award proves Lajes practices what it preaches.

"We heard this was a great community prior to our move here," she said. "Once here, we realized Lajes is a united community centered not only around families helping one another but also on reaching out to the single and unaccompanied personnel here."



(Above) Pamela Darling, playgroup organizer, plays with children during a 'POPS' meeting Oct. 14. P.O.P.S. is a playgroup for stay-at-home parents of active duty and civilian personnel. Meetings are 10-11 a.m. every Thursday. For more information, call Pam Darling at 295-549-751.

Fun for all playgroup

(Below) Blake Escobedo, son of Jennifer and Tech. Sgt. Anthony Escobedo, works on a book to help learn his shapes during a 'Parents Offering Parents Support' meeting Oct. 14 at the community activity center. (Photos by Airman 1st Class Josie Kemp)



Lajes more than a speck in television history

**by Master Sgt.
Chris Beckwith
Chief, Detachment 6, AFN**

Fifty years ago, the tiny island of Terceira – and more specifically Lajes Field – made television history. It was an event that brought the people of Portugal and the United States closer, helped define an Air Force specialty and would forever become one of the first quality-of-life necessities for Airmen deployed all over the world.

It was television, and Lajes was the first to broadcast what is now called AFN-TV to a military audience.

Before 1954, military broadcasting consisted of radio only. Armed Forces Radio Service provided “a little touch of home” by recording disc jockey programs and shipping them to broadcast affiliates who aired on local military radio airwaves. Television wasn’t even on the drawing board ... but that would soon change.

A military-run TV station was first proposed to General Curtis LeMay as a way to boost morale at remote Strategic Air Command bases in the United States. Limestone Air Force Base, Maine, was far from the nearest commercial TV station.

With 15,000 servicemembers and their families assigned, the base faced a high rate of AWOL

and divorce. Two years after Limestone – later Loring Air Force Base – began broadcasting its TV signal, the AWOL rate dropped from 20 per 1,000 men to 2.5 per 1,000. Reenlistments increased from zero in early 1954 to 18 per month by March, 1955. The value of military broadcasting had proven itself, and Military Air Transport Service took quick action to install TV stations at all isolated bases under MATS control.

According to The History of AFRTS “The First 50 Years,” MATS negotiated with the Portuguese government to open a station at Lajes Field, and Detachment 6, Air Force News Agency – as it’s now called – broadcast the first overseas TV signal on October 17, 1954.

“From that first television signal 50 years ago to the ten AFN channels now enjoyed by our military service members around the world, Lajes has a proud history of providing the highest quality information and entertainment to those proudly serving in uniform, their families and civilian employees,” said Mel Russell, Director of American Forces Radio and Television Service. “Lajes has the distinct honor of putting the ‘T’ in AFRTS!”

AFN Lajes was also the first television station in Portugal, providing the host country popu-

lation its first taste of American entertainment.

“The Portuguese had never seen television before AFN,” said Jose Mendes, an employee of AFN Lajes for forty years. “The response was amazing. I lived on the west end of Terceira and people actually wanted to move east, closer to the base, just to receive the signal.”

When Sr. Mendes first began working at the detachment, the TV broadcast day began at 6 p.m. and sign-off was at midnight.

“Radio was the primary source of information; television was for entertainment,” he said. “But soon, we began producing a live evening newscast and even used magazine and newspaper pictures instead of film. We’ve come a long way since that time, and I’ve enjoyed watching and being a part of the progress.”

Today, AFN offers its military customers 10 television channels and multiple radio music services. Lajes is home to Island 96.1 FM with seven hours of live time per day, “The Bull” 1500 AM offering a variety of news and music formats and “The Lajes Evening News” broadcast on AFN Prime Atlantic each weeknight at 6:55 p.m. and 10:25 p.m.

At the heart of the little detachment at the top of Santa Rita hill is a dedicated staff of 13 military and five Portuguese civilian

employees who are proud to be part of the Lajes community, and the next generation of pioneers in military broadcasting.

“We take great pride in what we do every day,” said Master Sgt. John Tway, Det 6 Operations Manager. “While we can’t air everyone’s favorite program or sports team, we strive for perfection and customer service in everything we do. No stateside network offers the mix of programming that we do ... and we did it first. That’s something the entire base can be proud of.”

AFN Lajes invites the base to its Open House from 10 a.m.-2 p.m. Oct. 29. Visitors can tour the radio studios, discover the latest in video editing technology and even sit in the TV news anchor chair.

Staff Sgt. Marty Rush, NCOIC news, reminds everyone to bring their cameras.

“It’s a great opportunity for people to experience what it’s like to sit at the news desk and talk to the base through the eye of a studio camera,” he said.

During the open house, a 29-inch color TV – donated by the Army and Air Force Exchange Service – will be given away, but residents must attend to win. One entry per family will be handed out at the door, and people must be 18-years or older to win. For more information, call 2-3497.

From page 1, kinks

Engineer Squadron have been repairing those lights as quickly as possible.

“Work centers experiencing lighting problems should report those problems to their facility managers,” said Maj. Mike Nelson, 65th CES chief of operations. “To date, about 100 inoperable lighting fixtures have been repaired.”

One of the biggest power conversion issues affecting members living in base housing and the dormitories is washing machine and dryer operability. About 20 percent of the washers and dryers on base were affected during the power conversion, according to Major Nelson.

“While we did expect some of the washers and dryers to malfunction during the conversion process, we couldn’t predict the ac-

tual number of burned out motors and overflowing washers that have occurred,” he said. “Since the conversion, we’ve had about 75 calls (including some repeat calls) about washing machines. We’ve responded to each call and either fixed or replaced motors or machines. In the case of repeat calls, we’ve taken individual actions to help the occupants. To my knowledge, we have repaired or replaced all problems that have been reported.”

Washing machines have been replaced in the dormitories to ensure Airmen can do their laundry, Major Nelson said. At the time of the conversion a stock of washers was on-hand to deal with any immediate replacement needs in the initial power conversion phase. Eighty replacement motors and timing switches have just arrived on the island and an additional 370 washing machines are on order.

While some washing machines are either overflowing or burning out motors, the dryers are simply taking longer to dry clothing. This isn’t an issue that requires the replacement of the dryer, civil engineers said, but is something occupants will have to consider when drying clothes. If housing residents have washers or dryers that aren’t working, they should call housing maintenance at 2-6251. Dorm residents should contact the dorm manager.

“The conversion of power from 60 hertz to 50 hertz wasn’t done with the flick of one switch,” Colonel Haynie said. “This is a process that is far from complete. We’re finalizing the system installation and addressing problems as they arise. While it’s no fun to suffer through an occasional power outage, we hope everyone will be patient as we work out the kinks with the system.”

Lajes is the last USAFE base to convert to 50Hz power.

Warrior Day to challenge Team Lajes

by **Nadia Najdawi**
Contributing Writer

A fierce competition including an obstacle course, a barbecue and a guest speaker is all part of the second Warrior Day this year.

At 7 a.m. Nov. 10, 18 teams consisting of four members each will participate in events to test their warrior spirit through a fun-filled competition. A variety of units will compete, including the 0-6 Eagles, first sergeants, E-9 chiefs and many others.

The events include M-16/M-9 assembly, gas mask drills, Air Force physical fitness challenge (scores are based on PT

test), obstacle course, Airman's Manual knowledge, self-aid and buddy care simulations and a special event.

"Although the events are the same as previous Warrior Days, the goal this year is to change some around a little to make it more competitive," said Senior Master Sgt. James McDonald, project co-lead.

The championship trophy, a sword symbolizing a warrior coat of arms, will be awarded to the winning team. Currently the trophy is owned by the 65th Civil Engineer Squadron, winners of the April 30 competition.

The teams will be judged on physical and mental tough-

ness through various timed events, to build team competition.

Sergeant McDonald said the theme for the event is Past Wars and Conflicts.

"We chose Nov. 10 because it is the day before Veteran's Day and this gives us, as Air Force members, a chance to reflect and remember those before us who fought for the freedom we hold so dearly to our hearts," Sergeant McDonald said. "Warrior Day is held twice a year and is a fun time for all involved."

A base-wide block party/picnic is planned, and everyone is invited to attend. The picnic, which starts at 1 p.m., will

be sponsored by Project CHEER, but volunteers are still needed to help with fundraising, cooking, picnic teardown, awards ceremony, decorations at the Top of the Rock club and road guards/safety monitors. The events will conclude with a guest speaker and awards ceremony at 3 p.m.

For more information or to volunteer, call Senior Master Sgt. Charles Webber at 2-3319 or Sergeant McDonald at 2-2168.

"The whole community is invited," said Sergeant McDonald, "so come out to support the teams and have fun."

AF announces thrift savings plan open season

by **Master Sgt. Randy Mitchell**
AFPC Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" through Dec. 31.

"TSP is a long-term retirement savings plan, which everyone should consider," said Senior Master Sgt. Felipe Ortiz, superintendent of the Air Force Personnel Contact Center here. "It's a great supplement to military and civilian retirement plans."

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, according to Janet Thomas, of AFPC's civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"Eligible employees can take out loans and make in-service withdrawals from their TSP accounts," said Ms. Thomas. "And you can keep your account, even if you leave military or federal civilian service."

Investment money is deposited directly from each paycheck "so you never have to think about it," said Sergeant Ortiz. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the

International Stock Index Investment (I) Fund.

Contribution elections/changes made between Oct. 15 and Dec. 11 will take effect Dec. 12, for both military and civilian personnel. Changes made on or after Dec. 12 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Some of the specifics of the program include:

Military

— Military members can contribute up to 10 percent of their base pay, as long as the annual total of tax-deferred investment doesn't exceed \$14,000 for 2005. Airmen also have the ability to invest all or part of their bonuses or special pay.

— Those serving in tax-free combat zones are allowed up to \$41,000 in annual contributions.

— Military members can enroll through the Defense Finance and Accounting Service web site at <http://www.dfas.mil/emss/>. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

— Contribution allocations can be made by calling the TSP automated ThriftLine at 1-877- 968-3778 for employees in the 50 States, Virgin Islands, Puerto Rico, Guam, American Samoa and Canada; 1 (504)-255-8777 for employees elsewhere, or on the TSP web site at <http://www.tsp.gov/>.

— For general TSP questions, call the Air Force Personnel Contact Center at (800) 616-3775. Specific TSP information is available for Air Force military personnel at http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian

Contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

— Federal Employees' Retirement System employees may contribute up to 15 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, whether the employee contributes or not, making the government's contribution five percent.

— Employees covered by the Civil Service Retirement System may contribute up to 10 percent of basic pay, but do not receive any agency contributions.

— Beginning the open season Oct. 15 to Dec. 31, 2005, there will no longer be percentage limits on how much FERS and CSRS employees may contribute each year, said Ms. Thomas. Contributions will be restricted only by the Internal Revenue Code's annual limit, which is currently \$13,000 for 2004 and \$14,000 for 2005. In 2006, the limit will be \$15,000, and after 2006 increases will be indexed to the annual cost-of-living adjustment referred to in the tax code.

— Specific information is available for civilian employees from the Thrift Savings Plan web site at <http://www.tsp.gov/>.

— Contribution allocations are made via the "Account Access" section of the TSP website, or by calling the ThriftLine at 1 (504)-255-8777.

More information about the Thrift Savings Plan can be found in the booklet "Summary of the Thrift Savings Plan" on the TSP home page under civilian or uniformed services TSP Forms and Publications.



COMMENTARY

Is anyone ever ready to deploy?

by **Tech. Sgt.
Renee Kirkland**
NCOIC, public affairs

Is anyone ever ready to deploy? I know I'm not. After spending nearly 20 years in the Air Force, I'm facing my first real opportunity to deploy in Air Expeditionary Forces pair three and four this winter. I wonder if I'm really prepared for what I will face? I need to know if I am psychologically, physically and job-savvy enough to perform my job in a deployed environment.

Psychologically, I'm on a 15-month tour without my family and this should be the best time for me to deploy, right? My children, 17 and 13, are being cared for by my husband at RAF Lakenheath so I don't have to worry about their day-to-day care, since my husband has been doing it by himself since May anyway.

I currently communicate with my children via morale calls and e-mail and this won't change in a deployed atmosphere so I should be psychologically prepared.

Physically, I'm aging. I'm nearly 40 years old and like many old-timers I complain about the new physical standards.

I grudgingly push myself out of bed three days a week to do mandatory physical training.

I realize that during my career I have packed on nearly 40 pounds and I've become complacent in my desk job. But I don't really need to do physical training; I'm not

overweight and I don't look bad in my uniform, so why should I give this PT stuff a real try?

Going to Eagle Flag in June brought home to me why being physically fit is important.

With heat index temperatures reaching to 100 degrees Fahrenheit in the New Jersey sun, I quickly realized that being in shape could add hours to my ability to endure the stifling heat.

I watched 19-year-olds pass out and receive intravenous fluids to help them combat the heat. Being in shape and being exposed to the heat, as opposed to being out of shape and facing the same environment is not something I want to face, and is something the new physical fitness standards are meant to help us avoid.

Since this eye-opening event I have begun to enjoy my fitness time and have lost several pounds and inches to boot.

But what about my ability to perform my job in a deployed environment? Could I do it, not knowing what to expect? That's where exercises like Silver Flag come in.

I spent Sept. 17-26 at Ramstein Air Base, Germany participating in the Expeditionary Leadership Program and taking part in Silver Flag.

During the ELP portion of the exercise I learned about what went into setting up a bare base.

I got to see all the behind-the-scenes effort that went into getting a base set up from the

leadership point of view.

I learned how large a part civil engineering, communications, logistic readiness and services squadrons played in making a base operational and livable for military members.

I sat in on situation scenarios that involved personnel issues that may occur in a deployed environment. Being able to discuss the situations with representatives from legal, the chapel and a first sergeant, and hearing the input from my other classmates, gave me a more realistic view of the situation and guided us to making rational decisions to attempt to solve the problems.

While some of the course material at ELP was over my head, and did not particularly apply to my career field, what did apply was the understanding I received of what roles each squadron played in getting ready for and deploying to a bare base.

After four days in camp we deployed to the field and I learned how to set up tents and perform my job as a public affairs craftsman at the same time.

I learned that if you don't help put up the tent, you don't get to sleep in it. This is something to always remember.

I slept in a tent with 11 other women – a first since basic training – and learned some of the advantages and disadvantages of being so close to so many other women. But I also learned that this was a great opportunity to mentor

younger Airmen on the opportunities available to them in their military careers.

I also took the time to just listen. I learned more about what some career fields did at home base and out in the field then I had learned in all my years in the Air Force.

It is amazing what feats our talented young Airmen accomplish on a day-to-day basis.

While at our deployed environment, I learned how to take photos and type on my laptop while cold, wet and miserable, and how to dawn MOPP gear while lying on the floor under a table and the difficulties of using the facilities with MOPP gear on. I watched people become incapacitated with the flu and still others experience dental problems.

I also learned the value of effective communication and how important it is, no matter where you are.

Most importantly I learned that before going to the exercise I probably wasn't prepared to deploy.

I wasn't prepared for the amount of work that went into the deployment process. I probably am not in as good as shape as I should be and I definitely didn't have the equipment I needed to perform my job at a deployed site.

Now I know what my strengths are and what I have to work on.

What about you – are you psychologically, physically and job-savvy enough to survive a deployment?



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STANDARDS: Do your part!

by **Senior Master Sgt.
Scott Urfer
Lajes Top-3**

Why is it that no one stops a person who has a uniform violation when they see it? Do people think it's just a shirt's job? Each of us is a part owner in the Air Force ... we all play an active part in how well – or how poorly – Air Force personnel uphold standards. For every standard you let slip, you've just lowered the bar and sent a message that it's OK. It isn't. Make it your responsibility to help uphold Air Force standards.

Supervisors need to take an active role, too. Know the Air Force instructions and ensure your troops follow them accordingly.

"I didn't know" at the senior NCO and NCO levels of leadership aren't acceptable excuses for not getting involved and engaged. If you don't know the uniform AFI ... get to know it and the base supplement as well.

Maybe it's a bad rule ... if so, there are ways to change AFIs. Are there rules you think need to be changed? Start engaging your first sergeant and your supervisor as a point of contact to start to get those items changed.

They attend conferences throughout the year that entertain those topics. Remember, until the rules are changed, you still have a responsibility to abide by the standard.

If you supervise, hold your troops accountable. You write their enlisted performance reports ... give them a good road map to become that firewall five EPR. However, mark them for what they've earned; don't give your signature away to a lesser standard or be afraid you'll hurt your troops by giving them a rating they deserve.

Giving ratings away hurts your integrity. It's your responsibility to delineate from the superior, excellent, above average and average troops.

Give active and candid feedback. If people don't know your expectations – uniform wear on the job is just one of many you should be discussing – they don't know what to aspire to either.

Don't leave them guessing or floundering ... get them that road map, guide them along the way.

One-minute feedbacks are very helpful to keep them on track.

Chief Master Sgt. of the Air Force Gerald Murray spoke at my SNCO graduation and told the entire audience that when people see sloppy troops or troops that don't know basic standards, those folks already know what kind of shop and facilities – and leadership – they will find: sloppy ones. It pans out more often than not.

In order to be professional, you have to look professional as well! You never know whose eyes are on you and the opinions they form about you ... how you look in uniform can affect someone's opinion about how you do your job.

If you think boots that look like they've been shined with a brick and a uniform that looks like a crinkled sack of potatoes shows what a hard worker you are to everyone when you are out at the base exchange, commissary and post office ... think again.

Be polite and courteous. Whether you are correcting a violation or on the wrong end of a violation being corrected, be polite and courteous.

It's part of the discipline. It sounds very basic ... the logic being if you can't get wearing your uniform right, how do you handle higher more complex jobs of responsibility?

It's part of your package and affects how your leadership views your performance.

Remember to get it right. The way you look in uniform is the first and most important impression you can make on people and the easiest for you to excel at! AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, are minimum standards – not a goal to achieve.

Read the front of an EPR and you'll see what I mean. "Meets Standards" is only the second block in ... in order to go "far right" on the front you must exceed these minimum standards. Highly shined boots, neatly pressed, non-faded uniforms and a hair cut within regulations are the standard to go "far right."

How well you do in this area is well within your control and one of the easiest ways you can impress people.

It shows how much pride you take in yourself; wear the uniform properly and present a sharp image.



Everyday Hero

Staff Sgt. Rich Bundy
65th Communications Squadron

Duty title: NCOIC of Network Operations

Job description: Generate a situational awareness picture and partnership with USAFE NOSC to deliver security, network management, information assurance, computer network defense and information dissemination management for Lajes Field

Time in the Air Force: 8 years

Time at Lajes: 7 months

Spouse/children: I have an English Bulldog named "Diesel"

What's the best aspect of your

job: Taking care of the troops.

What are your career

goals: To make a positive impact on anything and everything I am involved with no matter how many stripes are on my sleeve.

Best Air Force experience: Here at Lajes. I've never been in any organization where the word 'team' is better epitomized.

Life goal: To be remembered as a compassionate person that did not lead by making myself look powerful, but by empowering those around me.

Hometown: An enigma

One word to describe you: Cerebral

Hobbies: Boxing and Football

Favorite food: Italian and Cuban

Favorite color: Air Force Blue

Pet peeve: When an Airman comes to me and they don't know the major role they play in keeping the world free from terror; no matter what their AFSC is.

No one knows I ... Really don't like to be in front of crowds or on camera.

When I was growing up, I wanted to be: Like my father, and I still do

If I could have only one kind of food, it would be: My mother's arroz con pollo

The first thing I would do if I won a \$1,000,000 is: Take a about an hour off and then get back to work. The NOC: "We don't sleep so you can!"

Halloween in the Azores

Question: Do the Portuguese celebrate Halloween? I've also heard the Portuguese have a similar tradition on All Saints Day. What is it about?

Answer: The Portuguese people don't have an ingrained tradition of celebrating Halloween, although in the most recent years some parts of the country, including the Azores, started to celebrate it in the form of people dressing in Halloween costumes and participating in parties at bars, clubs etc.

There's also no tradition of trick-or-treat here on the island or anywhere in the country but many local children, especially those who live in the surrounding villages, join the American children in the Halloween tradition. This is probably a practice that began many years ago when the local poor children didn't have access to American candy or other sweets and saw the Oct. 31 tradition at Lajes as an opportunity to taste something that was not usually in their reach.

There's another time when the Portuguese also dress in costumes and

wear masks, but is in no way related to Halloween. It happens during the three days and nights of Carnaval or Mardi Gras in the Azores, especially on Terceira Island.

It's during this tradition, which is held in February or March, that some people dress in the Halloween-like costumes and take advantage of the old tradition to play tricks and make fun of certain situations.

Some regions of Portugal, especially in the Azores, also celebrate an old tradition on All Saints Day called "Pão por Deus," which is somewhat similar to trick-or-treat, although with a different meaning and without the wear of special costumes.

On the morning and part of the afternoon of All Saints Day, Nov. 1, children go door-to-door asking for donations saying "Pão por Deus" (food in the name of God). Today the donations are mainly in the form of candy, sweets and money, but some years ago the kids received pastries, bread, chestnuts, fruits and even other goods.

This is an old tradition probably



related with the purpose of giving alms to the poor on All Saints, a day to thank God for and also to honor and remember deceased relatives and friends.

Nutrition not fast claim, but way to go

by **Airman 1st Class
Christie Putz
92nd Air Refueling Wing
Public Affairs**

FAIRCHILD AIR FORCE BASE, Wash. (AFPN) — The low-carb diet. The low-fat diet. The cabbage soup diet. The grapefruit diet. The shake diet.

There are "miracle" pills that claim weight loss without ever stepping foot in a gym. And there are all the herbal supplements for the Earth- and body-conscious consumers.

It is all enough to make a person wanting to shed a couple pounds go crazy. So what is true and what is false?

"If you hear somebody say you can lose 30 pounds in a month healthily, they lied to you," said Staff Sgt. Rebecca Caldwell, noncommissioned officer in charge of diet therapy for the 92nd Aero-medical Dental Squadron

here.

In reality, healthy weight loss averages one-half to 2 pounds a week.

"If you're losing any more than that, then you're not losing fat; instead, you're losing muscle mass," she said.

Losing weight is not an overnight process, Sergeant Caldwell said. The only way someone can safely lose weight and truly keep it off is to change his or her current eating habits for the better.

The staff at health and wellness centers promotes a nutrition plan that most people have been familiar with since childhood: the food pyramid.

While most people think they are familiar with the pyramid and what it teaches, many people either forget or don't know about one of its main teachings.

"In today's society, everything is oversized," Sergeant Caldwell said. "A lot

of people just don't understand what a normal portion size is."

For example, six to eleven servings of breads and grains does not necessarily mean six to eleven bowls of pasta or cereal. A bowl of pasta may equate to two or three servings.

This lack of knowledge, coupled with unhealthy food choices, is the quickest way to pack on pounds.

It's information most people have had driven into their minds since grade school, but many adults forget. That is where Sergeant Caldwell and her co-workers come in.

Besides classes on proper nutrition, the centers have a registered dietician on staff to help people.

The dietician can sit down with clients and help work out a plan that works with their lifestyle and helps them meet their goals.

Also, besides traditional

dietary advice, dieticians counsel people on proper nutrition for diabetics, expectant mothers, those with high cholesterol and just about any other condition.

Wellness center visitors can get books full of healthy recipes, tools to help with portion or calorie counting, and handouts of literature explaining the effects of a healthy lifestyle.

"The body is like a car, and food is our fuel," Sergeant Caldwell said. "You wouldn't put dirty gas into a car, so why put unhealthy food into your body?"

Like a fine-tuned machine, the human body and automobiles share several likenesses. The better they are taken care of, the longer they are going to last and the better they are going to perform.

For information on healthy eating, losing weight and physical fitness, call the Lajes HAWC at 2-3889.



A family affair

(Above) Cassie Gleason, wife of Senior Airman Will Gleason, works out in the new family fitness room at the Chace Fitness Center Wednesday as her daughters Zoey and Laylah played in the childrens area. The new fitness room is designed for parents to work out while their children play. It's open to everyone who is authorized to use the Chace Fitness Center, especially those with children ages 8 and under. For parents, there is one exercise bike, two elliptical trainers, one step machine and two treadmills. For children, there are toys, puzzles, blocks and a television with a DVD and video cassette recorder player. (Photos by Staff Sgt. Olenda Kleffner)

Sports briefs

Paintball game

The next game is 10 a.m.-2 p.m. Saturday. A minimum of eight and a maximum of 25 people at least 16-years old can go for \$20 per person. The fee includes transportation, Co2 and a full face mask. For more information, call 2-4140.

Family fun bowl

Family night is 6-10 p.m. Wednesdays at the Hillside Lanes bowling center. Families take their receipt from the Top of the Rock family buffet night and bowl for \$7.50 an hour per lane. Shoes are included.

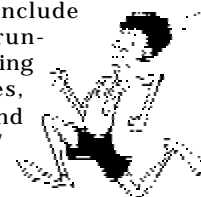


Fun run

The Chace Fitness Center's next fun run is Nov. 1. Meet at 7:30 a.m. and run begins at 7:45 a.m. For more information, call 2-5151.

Running clinic

A running clinic is noon-1 p.m. Nov. 4 at the fitness center. Topics include benefits of running, preventing injury, shoes, stretching and where to start/how to progress. Sign up by Nov. 1. For more information, call 2-3889.



Youth sports

The Lajes Youth Center is accepting applications for youth football and cheerleading for boys and girls ages 5-18. Cost is \$25 for members, \$35 for non-members. Season is Nov.-Dec. Volunteer coaches and officials are needed. For more information, call Jolene Wilkinson at 2-1197.

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Lajes services

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri. and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6

Meal time

p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Dining hall: Breakfast 6-8:30 a.m., lunch 11 a.m.-1:30 p.m., din-

ner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m. Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun, midnight meal 11 p.m.-1 a.m., Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Hoof & Fin dinner special.

Chapel services

Adoration and rosary: 3 p.m. Mon.-Fri.; 5:40 p.m. Sun.

Mass: 5 p.m. Sun.-Fri.

Meditation and prayer: 6:30 a.m. Mon.-Fri.

Monday

Protestant women's spiritual fitness training, 7 p.m.

Tuesday

Catholic Women of the Chapel, 7 p.m. 3rd Tuesday

Wednesday

Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, noon; Catholic Men of the Chapel, 6 p.m. 2nd Wednesday; Traditional choir practice 6 p.m.; Bell choir practice 7 p.m.; Catholic choir rehearsal 7:15 p.m.

Thursday

Gospel Choir Practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday

CWOC Mass, 5:30 p.m. 1st Fri.; Teen Movie Night, 7 p.m.

Saturday

Mass, 10 a.m.

Sunday

Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Gospel service & fellowship, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth/Teens of the Chapel, 6:15 p.m.



Today: 7 p.m., "Without a Paddle," rated PG-13 for drug content, sexual material, language, crude humor and some violence. Cast includes Seth Green and Matthew Lillard. Three lifelong friends from Philadelphia go into the Oregon wilderness in search of lost treasure. Canoeing down the Columbia River, the trio soon finds that their canoeing experience goes wrong as the river turns dangerous. They find themselves hunted by two backwoods farmers and encounter tree-hugging hippie chicks and a crazy old mountain man. **10 p.m., "Exorcist: The Beginning,"** rated R for strong violence and gore, disturbing images and rituals, language including some sexual dialogue. Cast includes Stellan Skarsgard and James D'Arcy. Father Merrin thinks he has glimpsed the face of evil. In the wake of all he has seen, both his faith in his fellow man and the Almighty have deserted him. He can no longer honestly call himself a man of God. Merrin travels far from his native Holland in a desperate attempt to escape the horrors that he witnessed there. While drifting from place to place, he finds himself in the place where evil was born, Merrin will finally see its true face.

Saturday: 7 p.m., "Suspect Zero," rated R for violent content, language and some nudity. Cast includes Aaron Eckhart and Ben Kingsley. FBI Agent Thomas Mackelway investigates the murder of a traveling salesman Harold Speck, which turns out to be the first of three seemingly random killings. Or perhaps they are not random at all. The assignment consumes him. His past mistakes haunt him. His head throbs constantly, as he tries to find the link between the victims that will lead him to their killer.

Sunday: 2 p.m., "Without a Paddle." 7 p.m., "Exorcist: The Beginning."

Wednesday: 7 p.m., "Suspect Zero."

Thursday: 7 p.m., "Without a Paddle."

AFN Sports on TV

Friday

AFN-Sports

MLB: Playoffs - NLCS game 7, noon

College football: Syracuse @ West Virginia, 5 p.m.

PGA tour: Funai Classic at Walt Disney World Resort - 2nd round, 7 p.m.

Saturday

AFN-Atlantic

College football: South Florida @ Louisville, midnight; teams TBD 4 p.m., 7:30 p.m.

MLB: World Series game 1, 11:30 p.m.

AFN-Pacific

College football: Wyoming @ Colorado State, 1:30 a.m.; teams TBD 4 p.m., 7:30 p.m. MLB: World Series game 1, 11:30 p.m.

AFN-Sports

NBA: Exhibition game - Miami Heat @ Atlanta Hawks, midnight

College football: South Florida @ Louisville, 11:30 a.m.; teams TBD 4 p.m., 7:30 p.m., 11:45 p.m.

Sunday

AFN-Atlantic

College football: teams TBD, 11 a.m.

NFL: teams TBD, 5 p.m., 8 p.m. MLB: World Series game 2, 11:30 p.m.

AFN-Pacific

NFL: teams TBD, 5 p.m., 8 p.m. MLB: World Series game 2, 11:30 p.m.

AFN-Sports

NASCAR Busch Series: Sam's Town 250, 7 a.m. MLB: World Series game 1, 11 a.m. NASCAR Nextel Cup Series: Subway 500, 5 p.m. NFL: teams TBD, 9 p.m. Figure skating: USFS Smartones Skate America, 1 a.m. (Monday)

EVENTS

Advertising deadline is the Friday prior to the paper date. E-mail announcements weekly in normal text with the event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Closures/shifts

Play group change:

Due to construction, the play group at 10-11 a.m. Tuesdays at the community activity center is postponed until January.

Events

Appreciation meal:

The Tradewinds dining facility customer appreciation meal is 4-7 p.m. Sunday. Menu includes: BBQ spareribs and chicken, sirloin steak, baked potato, rice, corn on the cob, baked beans and grilled squash. For more information, call Tech. Sgt. Andrew Mix at 2-2256.

Fishing trip: The trip is 2 a.m.-noon Oct. 30. A minimum of four and a maximum of six people at least 8-years old can go for \$65 per person. For more information, call 2-4140.

Dolphin watching: A dolphin watching trip is 9 a.m.-noon and Sunday. A minimum of six and a maximum of 10 people at least 5-years old can go for \$45 per person. For more information, call 2-4140.

Flea Market: The next flea market is 11 a.m.-1 p.m. Nov. 20 at the Lajes Youth Center, Bldg. T-240.

Family grill: Ocean View Island Grill family night is every Tuesday. Families receive a large pizza with two toppings and free drinks for \$10. For more information, call 2-3387.

Fall festival: The officers spouses club's annual Fall Festival of the Arts is Nov. 13 in Bldg. T-608. To sign up, call Karen Bolina at 295-549-218, or e-mail lajesfallfestival04@hotmail.com by Oct. 30.

Health council: The 65th Medical Group's next Healthcare Consumer Advisory Council is at 1 p.m. Nov. 5 at the base chapel. For more information, call Capt. Angela Thompson at 2-6768.

Murder mystery: The annual Teen Murder Mystery Night for ages 10-15 is from

Flea market



Maria Elsa Silvera reaches for a plate she has just sold at the flea market Saturday at the youth center. The next flea market is Nov. 20. (Photo by Airman 1st Class Josie Kemp)

6-7 p.m. Nov. 12 in the base library. Pizza and punch will be served and there's a prize for the person who figures out "who done it."

Classes

Heartlink: The next Heartlink class is at 8:15 a.m. Nov. 23 at the family support center. The program is for people to meet and have the opportunity to learn more about being a part of the military. A free chicken Alcatraz lunch and cooking demonstration will be provided. For more information or to ask about free childcare, call 2-4138.

Resume class: A military resume building class is Nov. 15 at the family support center. For more information or to sign up, call 2-4138.

Education Center

OU classes: Assessment and Evaluation in HR Training, an elective course in OU's Master in Human Relations degree, is Nov. 30-Dec. 5. Last day to add/drop is Nov. 1. Enrollment for spring '05 online courses is Nov. 1-Dec. 5. For more information, call Kalina Hill at 2-3171 or e-mail aplajes@ou.edu.

ERAU on-site: Embry-Riddle Aeronautical Univer-

sity is holding ASCI 320, Commuter Aviation, on-site Nov. 10-16. Registration for the Nov. 15 undergraduate distance learning classes is through Oct. 30. For more information, call Terra Schellig at 2-3375.

UMUC classes: Registration for the University of Maryland's term 1 classes ends today. Schedules are available at the UMUC office, Bldg T-400. For more information, call Kimberly Holzer or Ana Furk at 2-4187.

Volunteers/jobs

Girl Scout volunteer: The Terceira Island Girl Scouts is looking for a volunteer secretary and publicist. For more information, call Patricia Lopez 295-549-434 or Annie Hollenbeck 295-549-522.

Miscellaneous

PT uniform funding: As of Oct. 1 clothing allowance for enlisted members has increased to: \$428.40 for men and \$471.60 for women with more than four years of military service; \$298.80 for men and \$331.20 for women with less than four years of military service. Payments are made at the end of the person's anniversary month.

Mail supplies: The United States Postal Service is offering free care package packing materials to spouses and families of military members deployed overseas. Call 1-800-610-8734 and press 1 for English, then 3 for an operator, and they will send boxes, packing materials and mailing labels. Tape and priority mailing boxes are also available in the post office lobby during normal hours. For more information, call 2-4251.

Flying board: An undergraduate flying training board is Feb. 8 at the Air Force Personnel Center. The board reviews applications for pilot, navigator and air battle manager candidates. Officers born after May 1, 1975 with a TFCSD after May 1, 2000 who meet all other eligibility criteria can apply for UFT. Send completed applications postmarked by Dec. 29 to Headquarters AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB, TX, 78150-4733. For more information, call formal training at 2-5143.

Classified

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday.

Moving Sale: Small hardshell pet carrier 12" x 13" x 10", \$10; 2 aqua blue carpets, like new: 12' x 9', \$30; 9' x 6', \$20 or both for \$45; computer desk, \$15; call during day at 2-6197 for Vince or after 6 p.m. at 295-549-586.

For Sale Eventlo baby car seat with blue covers and front bar, like new, bought in the states, \$25; 12' boy's Mongoose BMX racer bike all chrome and black, like new, bought in the states, \$35 Call 295 549 540

Free cat to good home. 2 year old female calico cat has all shots updated, microchip and has been fixed. She is a good family cat and is well behaved. Includes various cat toys, food dishes, window perch, and bed. Call Neil or Jennie 295-549-680.

Must sell: Two bookshelves w/ matching coffee table - \$125, small endtable - \$10, wardrobe - \$25, dresser - \$20, alarmclock/radio/phone - \$5, crib mattress - \$10, laser printer - \$30, two 110watt microwaves - \$40/ \$30, toaster - \$10. Prices negotiable. Call Dan or Danyelle at 295-513-060, or e-mail danyelle.robinson@godsfamily.com.

For sale: 1987 Ford Bronco II, 2DR, 4WD, AC, PS, PB, AM/FM Stereo, 10 disk CD changer, 153K miles, new headers, new water pump, K&N air filter. Good condition, runs great. \$2,500. Available Nov. 10. Call 295-515-720

LAJES FIELD FRIGHT NIGHT 2004

ACTIVITIES

COSTUME DANCE

A Halloween costume dance for ages 9-12 is 6-9 p.m. tonight at the youth center. For more information, call 2-4197.

SKATE PARTY

A Halloween costume skating party is from 7-11 p.m. Saturday at the skating rink. Cost is \$3 per person; children less than 10 years must be accompanied by an adult. There will be prizes, games and free popcorn. For more information, call 2-4135.

PUMPKIN DROP

A pumpkin drop is at 10 a.m. Wednesday in front of the Lajes High School. Students will try and design a contraption to save the pumpkins from obliteration. Team Lajes is invited to watch the messy fun and support the students.

HAUNTED HOUSE

The haunted house is 7-10 p.m. Oct. 29 and 30 at Bldg. T-605, 65th Logistics Readiness Squadron compound, and is open to anyone with access to Air Base No. 4. For more information, call 2-3273.

CARVING CONTEST

A Jack O' Lantern carving contest for children 7-13 and 14-17 years old is from 10 a.m.-1 p.m. Oct. 30 at the commissary. Drop off carved pumpkins by 1 p.m.; judging is at 3 p.m. Carver need not be present to win. For more information, call 2-6174.

BAKE SALE

A bake sale and car wash sponsored by the Lajes Middle School Community Service Club is from 10 a.m.-2 p.m. Oct. 30 at the Commissary.

ALL SAINTS' EVE CELEBRATION

An All Saints' Eve Celebration is 6-9 p.m. Oct. 30 at the base chapel. Biblical costumes are recommended; please no scary costumes. Donations are needed for the bake walk, and volunteers are needed to help out. Children are asked to donate a bag of candy for entry. For more information call the base chapel at 2-4211.

COSTUME CONTEST

A Halloween costume contest sponsored by the Rising VI is 6-7 p.m. Oct. 30 in Bldg. T-605. Categories are cutest, scariest and most original costume for age groups 0-3, 4-7 and 8-10 years old. For more information, call Staff Sgt. Dawn Schenck at 2-4100 or Staff Sgt. Caroline Dossert at 2-4261.

TRICK OR TREATING

All base housing areas are open from 6-9 p.m. Oct. 31 for Trick or Treating. Children are encouraged to wear costumes. Parents should accompany young children for safety.

SAFETY TIPS

- Parents or adults should accompany children during Trick or Treat.
- Ensure costumes are bright and reflective.
- Make sure shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with flame.
- Never consume unwrapped food items or open beverages that may be offered.
- No treats should be eaten until they are thoroughly checked by an adult at home.
- Security personnel will be in housing during Trick or Treating and should be notified immediately of any suspicious or unlawful activity. Or call 295-57-3222/3223/3221 or 2/322/3/1.
- Teach kids to not get into strangers' cars or talk to strangers, and watch both ways before crossing streets.
- Also remind them to remain in well-lit areas in housing and always use the sidewalk.

HOLIDAY CRIME PREVENTION

- Move all toys, yard equipment and personal items indoors.
- Remove all personal equipment from vehicles.
- Replace light bulbs if needed to keep area well lit.
- Call the 65th Security Forces Squadron to report suspicious activity.